

STANDARD DIET 1800 KCAL (HYPOCALORIC DIET) FOR PEOPLE WITH DIABETES MELLITUS

Diet Tips for Optimal Blood Glucose Level

- ❖ You should consume 3 main meals (breakfast, lunch, dinner) and 2-3 snacks per day
- ❖ Increase the consumption of foods that are rich in fiber, i.e. fruits (it's better to consume whole fresh fruits instead of juice), vegetables, whole-grain cereals, legumes
- ❖ Every time you choose to eat a carbohydrate source make it count, so make sure to choose wisely! – Choose foods like whole wheat bread, whole wheat pasta, brown rice, wild rice, oat bran
- ❖ Increase your consumption of foods that are rich in vitamins, antioxidants and phytochemicals (choose a variety of colorful fruits and vegetables)
- ❖ Limit your consumption of *processed products*, *sugar* and products which contain *sugar* and *added sugars* such as biscuits, crackers, cake, donuts, cereal bars and breakfast cereals, chocolate and beverages containing chocolate
- ❖ Read food labels carefully and avoid consumption of foods which contain ingredients such as the following: glucose syrup, fructose-glucose syrup, corn syrup, invert sugar, dextrose, barley malt syrup
- ❖ Limit your consumption of sweets. Choose “natural sweets” such as honey, raisins and fully ripe fruits
- ❖ Limit your consumption of salt (sodium). Reduce consumption of foods which are preserved with salt (e.g. salted meat products) and processed products with high salt content (choose products which contain less than 1g salt/100g of product)
- ❖ Increase the time you devote to daily physical activity, for better regulation of blood glucose levels



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MEALS		MENU 1 TIME WEEKLY
"WHITE "MEAT"	BREAKFAST	Banana (1 medium) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + 1 slice low fat ham or other type of meat(1 oz.)
	SNACK	Pear with skin (1 medium)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without its fat crust, cooked (6 oz.) + baked sweet potatoes (2 small, 5 oz.)
	SNACK	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1 tbs. Linseed, blended + whole wheat rusk (0.5 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + 1big rusk (1 oz.) + manouri cheese or other low fat cheese (1 oz.)
	LATE-NIGHT SNACK	Rusks (1 oz.) + 1 oz. feta cheese

MEALS		MENU 1 TIME WEEKLY
"RED "MEAT"	BREAKFAST	Fresh milk, 0-3.49% fat ⁽¹⁾ (1 cup) + oat flakes (2 oz.) + apple with skin (1 small)
	SNACK	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (4 oz.)+ Barley rusks (2 oz.)
	SNACK	Apple with skin (1 small, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.) + 1 tbs. Linseed, blended
	DINNER	Lentils and Tuna salad: Seasonal salad ⁽²⁾ (e.g. carrot) + 3.5 oz. Lentils, boiled + 3 oz. Tuna
	LATE-NIGHT SNACK	Rusks (1 oz.) + feta cheese (1 oz.)

MEALS		MENU 2 TIMES WEEKLY
FISH	BREAKFAST	Yogurt 2-3.49% fat (1 cup, 7oz.) + oat flakes (1/3 cup, 1 oz) + apple with skin (1 small, 4.2 oz.) + cinammon
	SNACK	Tangerines, fresh (2 small) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + grilled fish (7 oz.) + Baked potatoes (2 small, 4 oz.)
	SNACK	Milkshake: Banana (1/2 medium, 2 oz.) + Fresh milk, 0-3.49% fat ⁽¹⁾ (1/2 cup)
	DINNER	Seasonal salad (1) + 1big rusk (1 oz.) + manouri cheese or other low fat cheese (2 oz.)
	LATE-NIGHT SNACK	Whole wheat bread (1 slice, 1 oz.) + tahini, whole wheat (2 teaspoons)

MEALS		MENU 1 TIME WEEKLY
"OILY GREEK DISHES"	BREAKFAST	Banana (1 medium) + omelette with vegetables (e.g. 1 whole egg, 1.5 oz.. + 2 egg whites + 2 oz. Low fat cheese + tomato/mushrooms/pepper) + rusks or whole wheat bread (1 oz.)
	SNACK	Apple with skin (1 small, 4 oz.)+ Tangerines, fresh (2 small)
	LUNCH	Peas with olive and tomato sauce (or other cooked vegetables) (1 restaurant serving 12 oz.) + low fat cheese (3 oz.) + whole wheat bread (1 slice, 1 oz.)
	SNACK	Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	DINNER	Yogurt 2-3.49% fat (10 oz.) + oat flakes (1 oz) + 1 tbs. linseed, blended
	LATE-NIGHT SNACK	Rusks (1 oz.) + low fat cheese (1 oz.)



MEALS		MENU 1 TIME WEEKLY
LEGUMES	BREAKFAST	Fresh milk 0- 1.99% fat + whole wheat bread (2 slices, normal, 2 oz.)+ ½ tbs. tachini/margarine + 1tsp honey or homemade jar
	SNACK	Apple with skin (1 small) + Semi- fat cheese (1 oz.) + whole wheat bread sticks (1 piece, 0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (1 oz.)
	SNACK	Banana (1 medium, 4 oz.) + low- fat yogurt (0-1.99%) (1/2 cup, 3.3 oz.)
	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup+ corn (1/2 cup, 2.7 oz.) + cooked fish (4 oz.)
	LATE-NIGHT SNACK	Rusks (1 oz.) + low fat cheese (1 oz.)

MEALS		MENU 1 TIME WEEKLY
PASTA	BREAKFAST	Fresh milk, 0- 1.99% fat ⁽¹⁾ (1 cup) + Banana (1 medium, 4 oz.)
	SNACK	Apple with skin (1 small, 4.2 oz.) + fresh almonds (0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, cooked (1 & 2/3 cup) + homemade tomato sauce + 5 tbs grinded parmesan
	SNACK	Pear with skin (1/2 small, 3 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + chicken, without its fat crust, cooked (3 oz.)
	LATE-NIGHT SNACK	Rusks (1 oz.) + low fat cheese (1oz.)

Nutrition Facts:	
Energy (Kcal)	1800
Protein	105g (23.4%)
Carbohydrates	190g (42.3%)
Fat	71g (35.4%)

Comments:

⁽¹⁾ **Fresh milk** should be totally/ semi- skimmed or low- fat.

⁽²⁾ **Seasonal salad** may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 ½ tablespoons (1 tablespoon= 3 teaspoons)
 Feel free to consult the unit "Food Groups" in order to make changes and to develop your own Database based on your own nutritional preferences.

Quantities are based on cooked food, normally prepared with ½ - 1 tbs olive oil per food serving.

Meat, fish and legumes belong in the group of proteins
 Rice, potatoes and bread belong in the group of carbohydrates
 Olive oil and nuts belong in the group of fat

The Food Group of "**Free Foods**" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.